

# BIO 120 - THE SCIENCE OF STRESS

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## Course Description

Students will explore current research on stress and its impacts on body systems. Discussion of scientific research and application of coping strategies will provide an experiential understanding of stress on learning, anxiety and depression as well as tools for resilience. This class meets in the anatomy and physiology lab to directly understand regions of the brain and body that are affected by stress. We will also meet on occasion in the SIM lab in order to measure biological parameters of stress as the class progresses.

## Credit Hours

3

## Contact Hours

3

## Lecture Hours

3

## General Education Outcomes supported by this course

Critical Thinking - Direct

## Course Learning Outcomes

### Knowledge:

- Describe the major systems of the body and principles of stress as they pertain to illness.

### Application:

- Read current research to develop an understanding of the effects of stress and ways to mitigate stress.
- Gather to discuss the research and impacts on health and wellness.
- Use models to identify components of the brain and body systems.

### Integration:

- Compare and contrast skills and habits as methods of improving varied health issues associated with stress.

### Human Dimension:

- Assess research as it applies to personal health and wellness.

### Caring - Civic Learning:

- Recognize how stress impacts health and acquire the skills to mitigate it in self and others.

### Learning How to Learn:

- Acquire skills to make changes in their lives.